

Kimballs Sloppy Joes 10

Number of Servings: 10 (121.75 g per serving)

Amount	Measure	Ingredient
2.00	lb	Beef, ground, hamburger patty, brld, 5% fat
2.00	Tbs	Flour, all purpose, white, bleached, enrich
2.00	tsp	Sugar, white, granulated
1.00	Tbs	Mustard, yellow, prep
1.00	cup	Onion, white, fresh, chpd
10 3/4	oz	Soup, tomato, cond, cnd
1/4	tsp	Spice, pepper, black, ground
1/4	cup	Catsup

Nutrients per serving

Nutrition Facts	
Serving Size (122g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 18g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

The measure for lean ground beef above is for raw meat but the analysis is for the meat that is browned. Brown ground beef after breaking it into pieces and adding onion. Stir in flour and sugar and add the rest of the ingredients. Bring to a simmer, stirring for 1 minute. Turn heat down to prevent browning or transfer, covered to 200 degree oven to keep hot.

1 serving = 1/2 cup or #8 scoop. = 1/2 carb

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher. 180 degrees for home delivery.